IN THE CLAIMS:

I claim

1. An exercise device comprising:

an upper platform having a handle extending therefrom, said handle having a short upright portion, a tall upright portion, and a gripping area connecting said short upright portion and said tall upright portion, said gripping area generally is tapered from said short upright portion to said tall upright portion such that a diameter of said gripping area adjacent to said short upright portion is greater than a diameter of said gripping area adjacent to said tall upright portion, said gripping area is joined to said short upright portion with an elbow, said gripping area is joined to said tall upright portion with an elbow,

a lower housing engaging said upper platform,

a lower housing cap abutting said lower housing, said lower housing cap having an opening passing therethrough, and

a bearing element adjacent to said upper platform and said lower housing cap.

2. The exercise device according to claim 1, wherein

said gripping area includes a bottom angled at fourteen degrees with the horizontal plane,

said tall upright portion is tapered out from said gripping area to said upper platform, and

said gripping area includes an arch along a top surface that extends out of a conical envelope around the tapering of said gripping area.

3. The exercise device according to claim 1, wherein

said lower housing cap having an opening passing therethrough, and

said bearing element having an opening passing therethrough.

4. The exercise device according to claim 3, wherein

said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a locking section having a circular cross-section with at least one keyway channel radially extending from said circular cross-section,

said upper platform having

a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting unit including an outer wall forming a recess, said nesting unit passes through the opening of said bearing element; and

said regulating components include

friction material encircling said compression component,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having

a lower portion with at least one guide key, said at least one guide key engages said at least one keyway channel of said lower housing, and

a upper portion, said upper portion is tapered radially inward from said lower portion to a top of said upper portion, said upper portion nests within said recess of said nesting unit to apply compression forces to said friction material, said upper portion extends through the opening in said lower housing cap and the opening in said bearing element.

5. The exercise device according to claim 3, wherein

said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a rotating section;

said upper platform having

a bottom surface,

a column extending downward from said bottom surface, said column including at least one guide key, said nesting unit passes through the opening of said bearing element and the opening of said lower housing cap; and

said regulating components include

friction material encircling said compression component,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having a tapered portion, said tapered portion having a top surface and at least one keyway channel extending into said top surface, said tapered portion is tapered from said adjustment device to said top surface, said tapered portion extends through the opening in said lower housing cap and the opening in said bearing element.

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6. An exercise device comprising:

a upper platform,

a lower housing connected to said upper platform,

a lower housing cap resting on and aligned with said lower housing,

a bearing element resting on said lower housing cap and abutting said upper platform, said bearing element allows said upper platform to rotate relative to said lower housing, and

regulating components that control rotation between said lower housing and said upper platform.

7. The exercise device according to claim 6, wherein said regulating components include a friction material that is variably set to provide a range of resistance levels.

8. The exercise device according to claim 6, further comprising a footing attached to said lower housing opposite said lower housing cap.

9. The exercise device according to claim 6, wherein said lower housing cap having an opening passing therethrough, and said bearing element having an opening passing therethrough.

10. The exercise device according to claim 9, wherein said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a locking section having a circular cross-section with at least one keyway channel radially extending from said circular cross-section,

said upper platform having

a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting unit including an outer wall forming a recess, said nesting unit passes through the opening of said bearing element; and

said regulating components include

friction material encircling said compression component,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having

a lower portion with at least one guide key, said at least one guide key engages said at least one keyway channel of said lower housing, and

a upper portion, said upper portion is tapered radially inward from said lower portion to a top of said upper portion, said upper portion nests within said recess of said nesting unit to apply compression forces to said friction material, said upper portion extends through the opening in said lower housing cap and the opening in said bearing element.

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11. The exercise device according to claim 9, wherein

said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a rotating section;

said upper platform having

a bottom surface,

a column extending downward from said bottom surface, said column including at least one guide key, said nesting unit passes through the opening of said bearing element and the opening of said lower housing cap; and

said regulating components include

friction material encircling said compression component,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having a tapered portion, said tapered portion having a top surface and at least one keyway channel extending into said top surface, said tapered portion is tapered from said adjustment device to said top surface, said tapered portion extends through the opening in said lower housing cap and the opening in said bearing element.

12. An exercise system comprising:

two exercise devices as recited in claim 6,

support bar having two ends,

a first attachment ring near one end of said support bar,

a second attachment ring near the other end of said support bar,

a first Velcro loop on a side opposite said first attachment ring, said first Velcro loop capable of attaching to a weight machine, and

a second Velcro loop on a side opposite said second attachment ring, said second Velcro loop capable of attaching to a weight machine; wherein

each of said attachment loops wrap around a respective lower housing of one of said exercise devices.

13. An exercise device comprising:

a lower housing including a lower housing cap, a cylindrical base, and a rim around a periphery of said cylindrical base, said lower housing cap rests on said cylindrical base, said lower housing cap having an opening passing therethrough,

an upper housing shrouding said ~~lower housing~~ cylindrical base, said upper housing includes a platform, a cylindrical extension extending down from said platform, a handle extending upward from said platform, and a rim around an inside cavity of said cylindrical extension, said rim engages said rim of said lower housing,

means for rotating said platform of said upper housing relative to said lower housing such that said lower housing remains stationary while said platform freely rotates on said lower housing, said means providing an opening passing therethrough aligned with the opening of said lower housing cap, and

means for resisting rotation in communication with said lower housing and said upper housing, said means are internal to an internal space formed by said lower housing and said upper housing, said means passing through the opening in said lower housing cap and the opening in said rotating means.

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